

Martial Arts

Karate ♥

Preschool

Miss Leah creates a disciplined environment where children learn basic kicks, punches, blocks and stances of Shito-Ryu style Karate. Class develops improved motor skills, balance and coordination. As development progresses children learn stances, combination moves, correct form and technique, and katas. Uniforms are required and may be purchased from instructor.

Calavera Hills Community Center: Activity Room

Instructor: Leah Snead

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57119	9:30-10:15am	W	Jul 24-Aug 21	5c	\$58/\$68

Harding Community Center: Auditorium

Instructor: Leah Snead

Age: 3Y - 5

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57120	9:30am-10:15am	W	Jun 5-Jul 10	6c	\$69/\$79

Stagecoach Community Center: Activity Room

Instructor: Leah Snead

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57121	11:30am-12:15pm	Th	Jun 6-Jul 18	6c	\$69/\$79

After School Level I

Students will learn combination kicks, blocks and punches of Shito-Ryu style karate. Students will also learn katas and advance through a belt structure. Good choices and behavior are taught along with respect and discipline. Karate uniforms are required and may be purchased from instructor. Age overrides are not permitted for this program.

Calavera Hills Community Center: Activity Room

Instructor: Leah Snead

Age: 5Y - 10Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57123	4:30-5:30pm	M	Jun 3-Jul 8	6c	\$79/\$89
57124	4:30-5:30pm	M	Jul 22-Aug 19	5c	\$66/\$76

After School Level II

Students will learn combination kicks, blocks and punches of Shito-Ryu style karate. Students will also learn katas and advance through a belt structure. Good choices and behavior are taught along with respect and discipline. Karate uniforms are required and may be purchased from instructor. Age overrides are not permitted for this program.

Harding Community Center: Recreation Hall

Instructor: Leah Snead

Age: 5Y - 11Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57125	5:45-6:45pm	W	Jun 5-Jul 10	6c	\$89/\$99
57126	5:45-6:45pm	W	Jul 24-Aug 21	5c	\$74/\$84

American JKA Shotokan Karate ♥

Beginning

Great form of exercise and self-defense! Introduces students to basic karate techniques and forms for self-defense that build strength, coordination and flexibility. Special emphasis is placed on providing tools for developing self-discipline and confidence, along with skills for dealing with peer pressure, conflict and bullying.

Harding Community Center: Auditorium

Instructor: Russell Adderson

Age: 7Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57109	5:00-6:00pm	M/W	Jul 8-Aug 31	24c	\$126/\$136
	8:30-9:30am	Sa			

Intermediate/Advanced

Great form of exercise and self-defense! Develop a mastery of basic techniques while introducing advanced ideas and techniques for sparring and self-defense. More intense training allows students to increase their physical, mental and emotional endurance. Opportunities for competition available.

Harding Community Center: Auditorium

Instructor: Russell Adderson

Age: 12Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57110	6:00-7:00pm	M/W	Jul 8-Aug 31	24c	\$126/\$136
	10:00-11:00am	Sa			

Activities and classes with ♥ offer a health and wellness benefit to the participant.

*Give a Carlsbad kid
the chance to*



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Grow
Thrive**

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Visit www.carlsbadca.gov/parksandrec to watch a video about the program and learn more, or call 760-434-2826.



Japan Karate Federation ♥

Youth: Beginning & Advanced

JKF provides training in an authentic martial arts environment as you learn karate techniques. Through discipline and perseverance you progress through the ranks. As you progress in skill, knowledge and conditioning, you will learn more advanced forms, sparring and self-defense techniques.

Stagecoach Community Center: Activity Room

Instructor: Sean Langlais

Age: 6Y - 12Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57112	7:00-8:00pm	M	Jun 19-Aug 12	24c	\$72/\$82
	6:45-8:00pm	W			
	9:00-10:00am	Sa			

Adult: Beginning/Advanced

As a beginning student you are introduced to training in an authentic martial arts environment. Introduction to Kobudo and Jui Jitsu offers you an opportunity to train in multiple martial arts. As you progress in skill, knowledge and conditioning, you will learn more advanced forms, sparring and self-defense techniques.

Stagecoach Community Center: Activity Room

Instructor: Sean Langlais

Age: 12Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57111	8:00-9:15pm	M/W	Jun 19-Aug 12	24c	\$79/\$89
	10:00-11:00am	Sa			

Kendo Japanese Swordsmanship ♥

Basic & Advanced

Kendo began in ancient Japan as a method of combat. The purpose and methods have changed with society, but Kendo continues developing character, self-discipline, respect and physical fitness. Practice includes basic footwork and sword technique for the first 90 minutes. During the final hour advanced students wear armor and practice technique matched with a partner.

Harding Community Center: Recreation Hall

Instructor: Ted Mason

Age: 8Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57113	3:00-5:30pm	Su	Jul 7-Aug 25	8c	\$42/\$52

Soo Bahk Do ♥

Basic & Advanced

Soo Bahk Do is a Korean Martial Art practiced today as a method of self-defense and exercise which has been in existence for centuries. It develops coordination, muscle conditioning, discipline, self-control, confidence and self-respect. Students may achieve a high level of mental, spiritual and physical well-being. Advanced students practice final 30 minutes.

Calavera Hills Community Center: Activity Room

Instructor: Ted Mason

Age: 8Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57399	6:30-8:00pm	Th	Jul 11-Aug 24	14c	\$74/\$84
	1:00-2:30pm	Sa			
57114	6:30-8:00pm	Th	Jul 11-Aug 22	7c	\$37/\$47
57115	1:00-2:30pm	Sa	Jul 13-Aug 24	7c	\$37/\$47